



## Perseverance

**PERSEVERANCE** means not giving up. It means to continue to try even though something is difficult or hard.

### Activity 1

Explain to your child that **PERSEVERANCE** means overcoming obstacles rather than giving up. Emphasize how perseverance means to continue to try, even though something is difficult or hard. Review with your child the saying: *"If at first you don't succeed, try, try again."* Together with your child, set a family goal. Identify and list the things you will have to do to accomplish it. Work together until you have reached your goal. Encourage your child to apply this saying to his or her daily activities.

### Activity 2

Talk with your child about Aesop's fable: *The Tortoise and the Hare*. (In the fable, a tortoise and a hare entered a race. The hare, knowing he was faster than the tortoise, played around while the tortoise continued moving slowly and steadily toward the finish line and won the race.) Have the child explain in his or her own words the moral of the story. (Slow and steady can win the race.) Ask what would have happened if the hare had not stopped and fallen asleep? (Hare would have won easily.) Encourage your child to combine his or her talents and abilities along with a determination to persevere in order to reach his or her goals.

### Activity 3

Set up a simple obstacle course with your child to help demonstrate the principle of perseverance. Use things around your house like a table to crawl under, chairs to weave in and out of, and a small stepladder to climb over. Have fun with your child navigating the obstacle course. Point out that there are many types of obstacles that make accomplishing our goals more difficult, but with perseverance, we are often able to overcome those obstacles rather than giving in to them.

### Activity 4

Have your child explain what *"Stick-to-itiveness"* means. Use a piece of tape stuck on his or her hand to help demonstrate what it means to stick to a task. No matter how much he or she shakes or wiggles his or her hand, the tape stays put. Encourage your child to stick to a task as long as it takes to accomplish a realistic and positive goal.

### Activity 5

Discuss with your child the quote by Thomas Edison: *"Genius is one percent inspiration and ninety-nine percent perspiration."* Although Edison was considered a genius because he invented the light bulb and over 1000 other inventions, he had to work hard to accomplish so much. Explain to your child that he tried many experiments that did not work, but just kept trying until he succeeded. As an extended activity, help your child research or learn about other inventors who persevered to achieve a goal. Encourage your child to strive for excellence in a specific area (homework, sports, talent development) by persevering.